

New Developments in Understanding and Treating Non-Suicidal Self-Injury - \$75

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c/o Medical Care Development
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New Developments in Understanding and Treating Non-Suicidal Self-Injury

Presented by:

Dr. Barent Walsh

Keeley the Katerer
178 Warren Ave.
Portland, ME

Friday
October 16, 2009
8:00 a.m. ~ 3:30 p.m.



Sponsored by the Maine Youth Suicide
Prevention Program,
an initiative of the Maine CDC, DHHS

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Program Description

One of the most challenging problems for clinicians and other professionals is dealing effectively with non-suicidal self-injury. Of special concern is that self-injury has recently moved from clinical populations such as those served in hospitals and group homes to the general population including middle, high school and college students. This presentation will focus on understanding, managing and treating diverse forms of self-injury including arm and body cutting, self-inflicted burning, and excoriation of wounds. Self-injury will be distinguished from suicidal behavior in terms of a number of key characteristics. Eight levels of care in the management and treatment of self-injury will be reviewed, including:

- * The informal response with emphasis on the strategic use of language and demeanor in responding initially to self-injury
- * Crisis intervention with specific suggestions as to when self-injury may merit a hospital level of care
- * Replacement skills training with an emphasis on self-soothing skills such as mindful breathing and visualization
- * Cognitive-behavioral treatment targeting the automatic thoughts and core beliefs that support self-injury
- * Exposure treatment for those who have been abused and suffer from body alienation.

Who Should Attend

This workshop is designed to meet the needs of mental health care providers across the entire professional spectrum. The course is equally useful whether you are a psychiatrist, psychologist, licensed counselor, social worker, nurse, employee assistance professional—literally any practicing behavioral health specialist. Mental health professionals who attend this course will be more knowledgeable and confident when faced with suicidal clients.

Training Objectives

Following this presentation, participants will be able to:

- * Differentiate self-injury from suicide
- * Identify eight levels of care in managing and treating self-injury
- * Understand a protocol for responding to self-injury in school settings
- * Understand replacement skills that help self-injurers give up the behavior



Barent Walsh, Ph.D. is a well-known authority on self-injury and its treatment. He has over 30 years experience working with self-injuring people. His most recent book, Treating

Self-Injury: A Practical Guide, has been hailed for its insight and recommendations for addressing this issue. His engaging delivery and expertise make this a training you'll want to attend.



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